



# U. P. Athletics Association

Affiliated to U. P. Olympic Association & Athletics Federation of India

## 49<sup>th</sup> U. P. STATE CROSS COUNTRY CHAMPIONSHIPS 2015

Organised by : District Athletics Association, MATHURA  
VETERINARY UNIVERSITY, MATHURA \* 20<sup>th</sup> DECEMBER 2015 (Sunday)

### \*~\* RULES \* TECHNICAL CONDUCT \*~\*

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- GROUPS \* DISTANCE of CROSS-COUNTRY RACES:**

MEN's RACE:	12 Kms.	WOMEN's RACE:	8 Kms.
Junior MEN's RACE (under 20 years)*:	8 Kms.	Junior WOMEN's RACE (under 20 years)*:	6 Kms.
BOYS (under 18 years) *:	6 Kms.	GIRLS (Under 18 years) RACE *:	4 Kms.
BOYS (under 16 years) *:	2 Kms.	GIRLS (Under 16 years) RACE *:	2 Kms.
- Reckoning of Age for an age group Athlete will be as on **10<sup>th</sup> JANUARY 2016**.

Boys & Girls under 20 years	- Born between 11.01.1996 to 10.01.1998.
Boys & Girls under 18 years	- Born between 11.01.1998 to 10.01.2000.
Boys & Girls under 16 years	- Born between 11.01.2000 to 10.01.2002

***An athlete can participate in his/her group only***
- The Cross Country Route will be preferably on grassy or artificial surface and may be of One or more Loops for the successful conduct of the Races.
- COMPOSITION of TEAMS \* ENTRY:**

For Men, Junior Men, Women & Junior Women: Each Team can enter maximum **SIX Athletes** and only FOUR Athletes will score for Team Championships.

There will be no Team Championships in races conducted for Boys & Girls under 18 & 16 years

For Boys & Girls below 18 & 16 years: Each Team can enter maximum **TWO Athletes**.

The Entry will be accepted only in completely filled Entry Form. (enclosed herewith)
- CHAMPIONSHIPS, PRIZES & AWARDS:**

**PRIZES**

❖ <u>INDIVIDUAL:</u>	BEST THREE INDIVIDUAL WINNERS - in each RACE.
❖ <u>TEAM:</u>	BEST TEAM - on Point basis will be the Champion team.
❖ <u>TEAM CHAMPIONSHIP:</u>	This will be worked out only in Men, Junior Men, Women & Junior Women group for best FOUR scoring Athletes.
❖ <u>OVER ALL:</u>	BEST TEAM - Winning Overall Championship on Point Basis.

**CERTIFICATES:**

❖	BEST SIX INDIVIDUAL ATHLETES will be awarded "DIPLOMA CERTIFICATE" in each RACE.
❖	The ATHLETES who actually participate in the Cross Country Races will be awarded "SOUVENIR CERTIFICATE" in each RACE.
- AGE VERIFICATION:**

The Junior Athletes are required to bring with them, the original Xth standard Certificate from the recognised Central / State Education Board. Athletes who have not gone to school at all, are required to bring the Original Birth Certificate from the concerned Government / Municipal Authorities. Athletes, who are drop outs, should bring Original Birth Certificate and also Certificate showing Date of Birth from the School, he/she last attended.

Junior athletes, who do not produce the proof of Date of Birth, as mentioned above, will not be allowed to participate.
- LAST DATE of ENTRIES:** The last date of entries is Monday i.e. **14<sup>th</sup> December 2015**.
- BIB NUMBERS:** After verification of Age Certificates, the Bib Numbers to the bonafied Entries will be issued at 6.00 p.m. on 19<sup>th</sup> December 2015 in the Office of Veterinary University, MATHURA. **Please note that Bib Numbers will NOT be issued on 20<sup>th</sup> December 2015 in whatsoever circumstances may be.**
- ORGANISING SECRETARY: Mr. H.M.Rawat** \* Address: C/14, VETERINARY UNIVERSITY, MATHURA.  
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**Jt. ORGANISING SECRETARY – Mr. JAI SINGH** (9897088998 & 9411665500)

**P.K.Srivastava**  
Hony Secretary